

THE FEMALE'S GUIDE

And Confidential Adviser.

BY A LADY DOCTOR.

"Woman ! with thee,
Creation's fairest flower,
Brightest and best, though last,
Of God's first gift to man,
I now would hold converse :
One confidential hour."

SUCH, gentle reader, is all my intention in this short pamphlet. I desire that these few pages may come between us as a link of perfect confidence. There are many bulky works written on the subject I intend briefly to discuss ; but these are not such as can be read by the unprofessional, and I desire now, as a friend, to sit down and quietly talk over many of these points concerning which, as a rule, female modesty prevents a woman of delicate, sensitive nature from applying to a medical man for that instruction and advice which she herself feels she so much needs. Let now these friendly pages act as a confidential intermediary between us, as I endeavour to point out those essential matters in female physiology and pathology which I deem it wise for all females to know from the age of budding womanhood to advanced and mature age. It is especially in the earlier years of her existence that the rising woman needs such advice from some confidential friend, as she is naturally ignorant of many of those things which should be to her well known for her own well-

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being and perfect development to fulfil the various offices of life to which her sex will call her.

As this paper is only to treat of matters peculiar to females, I may as well at once show wherein these peculiarities which separate the female from the male exist, and demand particular attention. The whole difference necessarily exists in those organs and functions of the body associated with the reproduction of the species. All other organs are the same in each sex, the framework of the body, the circulation of the blood, respiration, innervation, digestion, secretion, in fact all the physiological functions of the body are the same, saving only those I have particularised, and these are they which are most sensitive to derangements, and which, when deranged, exercise the greatest power for ill over the whole system. These functions are they which make a woman what she is : rule her temper, and govern most of her habits ; according to their healthy or unhealthy condition make her bright, useful, and happy, or render her morose, hasty and petulant, or low spirited and desponding. How necessary, therefore, for her own comfort and happiness, as well as for those who surround her, that she should watch for and know how to discover those signs, which if taken in the beginning and checked, may save her friends and herself many weary and unhappy moments—on you who may be mothers, I would particularly urge the necessity of recognising this important fact. To you it will be to whom your growing daughters will look for advice and guidance in these matters. Do not from any false motive of keeping their minds pure, fight shy of the subject : rest assured that if they do not learn matters connected with these functions from you, accom-

panied with proper and chaste instructions, they will in due time learn them from less proper sources, and in a far less chaste manner. Remember! the earliest impressions take the deepest hold. Let, then, those impressions be such as you would desire to last.

The first point of importance with which a girl should be made acquainted is the approach of the Menstrual periods, and as the age at which these may be expected often varies from 14 years, and even sometimes earlier (rarely in this climate), to 15 or later, it would be rash to **withhold the warning**, as should they suddenly appear the girl may be frightened, and sudden emotions are dangerous during the period of change from childhood to puberty, and may retard the development of the important functions which are just budding into maturity. Every girl should, therefore, be early made acquainted with the necessity to her health of the regularity of these appearances, and be taught to connect with them those signs of health or derangement which I hope shortly to point out in a clear and easily comprehensible manner.

In order to understand the symptoms of disorder, the causes and operation of healthy menstruation must be considered.

The **Ovaries** are the essentially active organs in the female during the whole period of her fruitful life, their functions being to develop the ova or eggs, which, when fecundated, are to form the new being. At regular periods these organs are abundantly supplied with blood to further this progress of development. When the natural progress of fecundation or impregnation does not take place, this abundant supply of blood causes

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congestion and consequent exudation or overflow from the vessels, rushing in discharges through the external passages, which monthly show this activity of the organs. When these are in perfect health the customary interval is a lunar month or 28 days, the period lasting on each occasion for three, four, or five days, with but moderate discomfort, and females who consider themselves regular are able to judge with a great deal of exactness the *hour almost* of each return, and are able to prepare themselves accordingly. The cessation or non-recurrence of the menstrual period between the ages of 15 and 45 betokens either pregnancy or functional derangement, which require attention. Great disorder of the system may however exist without checking this course of nature, yet may cause great discomfort and difficulty at the time of the periodic return, the discharge of sanguineous matter being under such circumstances either increased in quantity and deteriorated in quality, or there may be but a scanty flow. In applying for advice, which in any of these variations from the direct course should at once be obtained, it is necessary to give *full particulars*, so that correct treatment may be prescribed. I shall have to consider these cases more in detail, but am obliged, owing to my space, to confine myself to concise language.

The general disorders of Menstruation which I shall consider are classified thus: **Amenorrhœa**, or suppressed Menstruation; **Dysmenorrhœa**, or difficult Menstruation; **Menorrhagia**, or excessive flow; **Turn of Life**, (or cessation of the Menses); **Sterility** (Barrenness); **Leucorrhœa** (Whites). The following diagram will give you the true positions of the internal organs.

FRONT VIEW OF THE FEMALE ORGANS.



Female Organs—i, womb; hh, ovaries; k, fallopian tubes;
22, round ligaments.

Organs Common to Both Sexes—a, heart; ss, lungs; c, liver;
d, stomach; g, bladder; t, large intestines; mm, kidneys.

A few words as to the causes to which Menstrual irregularities may be traced.

Firstly, of course, must be enumerated impregnation, when the whole flow of blood to the organs is increased and retained to supply the nourishment required by the rapidly developing embryo. It is always necessary to bear in mind the possibility of this condition being the cause of the cessation of the courses in order to avoid bringing about undesired results by forcing their return. Sexual excess and unnatural indulgence causes fearful havoc on the health of females, and invariably brings about irregularity and derangement of these vital functions. And now, dear reader, for a few moments let me claim your confidence, and if these remarks touch any secret chord in your conscience, let me ask you at once to open yourself to me as a friend and adviser, and one of your own sex practically skilled in all complaints requiring confidence, being assured that your confidence will be respected, and the best aid afforded you to remove the evils which you have brought upon yourself, for, let me warn you as a friend, that the most dire consequences, bodily and mentally, await upon such unnatural gratification, and their results are the more serious as though they bear semblance to the ordinary maladies which I describe, yet they do not yield to the same remedies, inasmuch as the irritating cause remains behind unchecked to aggravate the disorder and defy the remedy. It is therefore necessary in order that you may avoid gradually sinking into low and feeble health—a misery to yourself and those around you—that you should at once rid yourself of the consequences and the cause of your ailments, and I am happy to offer you certain

relief. I do not want to linger on a painful subject, but, as I said in my opening, I wish in these pages to enable you to give me your confidence, and to receive the same from me. So should you require it, you will ever find me ready to be your confidential friend and adviser, the more so inasmuch as I can fully understand the meaning of a few written words which the pen can speak more readily on such matters than can the tongue. The fearful prevalence of unnatural habits and their dire consequences alone force me to give vent to these few warning words, and I hope they will be beneficial to some at least, in leading them from the dangerous abyss to which they are being hurried. Other causes of **Amenorrhœa** are sometimes any sudden shock, either of cold to the body, or even from strong mental emotions, as many instances may be related of sudden grief, fear, or anger, causing an immediate cessation of the Menstrual flow. **Dysmenorrhœa**, i.e., difficult or painful Menstruation, may often result from similar causes to those I have enumerated above, and may only be occasional. With some females it is the general characteristic of their periods, though this is fortunately the exception with the majority, and when it occurs, points to systematic derangement that requires alteration, so that the channels of health may be freed, and the natural flow take place with that lack of discomfort which is so much to be desired. The character of the discharge is often altered, is thick or clotted, and appears membranous and streaky. Such symptoms would indicate an irritable condition of the organs which requires alleviating. **Menorrhagia** (excessive or profuse Men-

struation) is sometimes very serious and exhausting to the system. It may either be the too frequent return, or the too long continuance of the periods, or the excessive quantity of discharge at the natural times. The discharge is often in such cases much diluted, is of a pale colour, and may be described as being like blood and water. The accompanying symptoms are usually pains in the back, languor, and general weakness, and if continued for any length of time, giddiness, throbbing of the temples, headache, and a feeling of thorough illness. **Plethora** (or full-bloodedness) may be the cause of the commencement of this derangement, causing afterwards a weakness of the organs which renders the disease chronic, or any of those causes which I have already enumerated, especially those due to excesses and unnatural irritating indulgences, too frequent child-bearing and frequent miscarriage. **Turn of Life** (or cessation of the Menses) is only a natural course in the life of a female, and if the body is healthy it causes little or no pain or trouble. Should that not be the case full particulars should be sent to me, with stamped envelope for advice. **Sterility** (barrenness).—This is a very rare occurrence, and proceeds from some functional disease, as disease of the Ovaries, *Vaginismus*, irritable *Vagina*, and infectious diseases. **Leucorrhœa** (Whites) is one of the most common affections of women, and is very troublesome, sometimes very profuse, of a whitish, greenish, or yellowish colour, and of a disagreeable odour, causing much trouble and annoyance during married life. **Hysteria**.—Nervous and delicate females suffer terribly from this—single

females more so than married ones. Some of the symptoms are nervous depression, excitability of temper, restlessness, heart palpitation, indigestion, and fainting fits. Now let me revert to an unpleasant topic; but I have shown that the reader's confidence is necessary, particularly, dear reader, it is in this case. Again would I summon up evidence from the very secret recesses of privacy. There is no more painful cause, no more constant cause of this dreadful disorder than the indulgence in those unnatural practices I have but vaguely alluded to before. Introduced as it often is to the virgin mind, almost before the age of puberty, before the budding of womanhood, few persons know how fearfully it saps the life and health of thousands of our otherwise pure-minded and chaste maidens. Uterine irregularities and their consequences are surely to follow in its train, and amongst them that disorder I have just been describing, Hysteria, often in its worst phases. Another consequence, not less important, is that in many cases in married life, its cause of barrenness begets an unhappy home. I point to this painful cause of many of these more painful disorders for a very important reason, and that is, that it is, I grieve to say, too little recognised in its full importance in the medical world, and the natural delicacy of the subject interferes with the necessary questions which should be asked during a private interview. Now finally, dear reader, I would as I began, ask confidence—let me be to you as a bosom friend and adviser, and rest assured that whatever confidence you repose in me will never be violated, the seal of the confessional could not

be more strict in inviolability, and whilst I can promise that natural delicacy and feeling will ever prevent me from assailing your feelings or hurting your conscious sensibilities, at the same time Christian loving-kindness will urge my skill as a lady of superior abilities and practical knowledge such as I may be gifted with to your aid. All I now ask is a clear and concise statement of your ailments: This shall have my immediate and careful attention, and I will return my opinion and advice in course of post. It is impossible of course to give cases of all the derangements that I have or have not described. The sufferer must not think because the exact symptoms are not specified that it is useless writing to me or applying for advice. The limited space I allowed myself has made it impossible to be exhaustive of a subject which would readily fill volumes. The cases I have appended in the patients' own words have been recently sent me, and are given merely as a guide to others who may wish to write in a similar manner. Whatever may be the symptom or its supposed cause, state it freely. Such is the way to obtain the benefit desired. Do not delay as no one knows what mischief a day may bring forth when once nature is disordered.

Special Notice.—Advice to those ladies who suffer, and from pure modesty which prevents them from consulting a medical man personally.

My practical experience of over 20,000 female cases of different description has enabled me to become acquainted with the most distressing complaints, which I am pleased to say (under Providence) I have been able to relieve and restore to perfect health after years of suffering.



The proper (natural) position of the
foetus (child) before birth.

A LADY'S MISSION TO HER SEX.

Madame **A. E. LILLY**, who has been the means
for the past 20 years in restoring suffering
females to health, strength, and vigour.

The greatest of all blessings is health.

A few Specialities sold at Madame Lilly's Establishment:—

MADAME LILLY'S

Female Restorative Cordial.

The positive remedy for all female troubles. Removes all irregularities and obstructions from whatever cause, Sickness, Spasms, Hysteria, Pimples, Stoppages. **A friend in need.** The only positive remedy known for ladies: excelling every other preparation, pills, powders, and mixtures, which often contain injurious ingredients. The famous Female Restorative Cordial is warranted to **contain nothing** in any way **injurious** to the most delicate female, and the demand for it is rapidly increasing, which is a sure proof of its efficacy.

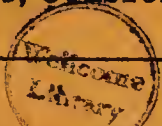
Sent post free, securely packed in plain parcel,
5/- and 11/-

A Lady writing from Oxford says "Madame Lilly's Female Restorative Cordial has been the means of saving my life. My doctor told me if I had a family so fast I should never get over it. I feel better and stronger than ever I did in my life."

A Lady writing from Exeter says "I procured one of your Illustrated Guides, and having been subject to Hysterical Fits on account of (as my doctors says) too rapid increase of family, I got a bottle of your Female Restorative Cordial, which not only cured the fits, but stopped the rapid increase. Every lady who suffers would I know be glad to know of this."

Madame A. E. LILLY gives advice to ladies at all times, personally or by letter, and is **the only American Lady Doctress in the West of England.**

PLEASE NOTE.—As it has come to our knowledge that some unprincipled persons are passing themselves off as **Madame LILLY**, **Madame LILLY** answers all letters and **sees all lady patients personally.** Ladies at a distance wishing to consult **Madame LILLY** personally, should send letter making appointment a few days before when they may be sure of seeing her punctually at the time stated. **All letters and visits must be made at 35, COLSTON STREET, BRISTOL—Please note this.**



MADAME LILLY'S BEAUTIFUL HAIR RESTORER,

1/- and 2/- per bottle, post free 3d. extra.

For producing long, luxuriant flowing hair, restoring grey hair to its natural colour, strengthens weak hair, causing it to grow long and thick, making it beautifully soft, contains nothing injurious, **not a dye**; for producing whiskers and moustaches it has no equal.

MADAME LILLY'S Cherry Elder Skin Soap,

**6d. tablet, 3 tabs. 1/2, 5 for 1/8, 1 doz. 3/3.
36 in box 9/3, all carriage paid.**

Invaluable for the hands and complexion, exquisitely perfumed, sweetens, cleanses, and purifies the skin; rapidly makes rough skin smooth.



FIG. 6.



FIG. 7.

Fig. 6. F.C.P. open.

Fig. 7. F.C.P. ready for insertion.

The French Check Pessarie

(THE LATEST INVENTION)

For which we are sole agents, is a most valuable, effectual, and never-failing preventive against conception. Is very simple, easily adjusted, perfectly harmless, may be worn with ease and comfort any length of time, can be used without the knowledge of any one else, is very economical and with care will last a long time. Failure is utterly impossible.

Price 2/6, 3/6, and 5/6.

Made in three sizes : small, medium, and large.

In ordering state size and quality.

THE PREVENTIVE SPONGE,

ANATOMICALLY PREPARED.

Easily adjusted and removed, best quality $2/6$ each, with a small box of Special Preparation.

Preventive Sponge with large box of Special Preparation, $4/6$.

Sponges can be had separate, $1/-$ each.

Special Preparation $1/6$ and $3/6$ with full directions.

It is to be used as an injection (and not a medicine to be taken), and it is for the purpose of preventing conception by those who do not wish to have any children or **limit their families**. It is perfectly harmless, and never fails; it is also a certain remedy for **Leucorrhœa** or Whites.

The "Reliable"

(Known as the Wife's Safeguard)

Soluble Pessarie.

These Pessaries are perfectly safe in using, and reliable, superior to any sold. Can be easily inserted, and are quite harmless to both sexes.

$2/9$ per box: 2 boxes $5/-$; 1 doz. in box, with full directions and post free.

Superior Syphon Enemas,

$2/9$, $3/9$, and $4/9$, post free, sealed.

All complete with Rectum and Viginia Tubes and Shield.

Tubes only, vertical and reverse current, to fit any enema, $1/-$ each.

SPECIAL AGENTS FOR

Southall's Sanitary Towels,

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These are a boon and a comfort to females during their monthly periods.

Every description of Appliances for Ladies—Chest Preservers and Lung Protectors, Obstetric Binder and Abdominal and Supporting Belts, Chest-expanding Brace, Elastic Hosiery, Trusses, &c. Cheapest and best English, French, German, American, and Italian Goods. Medical Works and every kind of Proprietary Articles always in stock—if not, can be procured to order. In all cases cash must accompany order.

All goods and medicines are carefully packed and sent in plain parcel—nothing outside to indicate the contents, or where it comes from—and can be sent in any name (not initials), to any address, post office, parcels office, or railway-station, till called for. Can be sent per rail, parcel post, or carrier.

In sending for any of the articles or remedies mentioned in this Guide, orders should be written distinctly, and full name and address given on each occasion, and must send cash, small amounts, stamps or postal order; larger amounts, P.O.O., or cheques crossed ===== & Co.

N.B.—¹⁾This Illustrated Guide will be sent in sealed envelope to any part of Great Britain, on receipt of two letter stamps. Note the address—35, COLSTON-ST., ST. AUGUSTINE'S, BRISTOL. Trams from all parts of Bristol and Railway Stations every few minutes to Colston Street.